



## Berries and Cream Dessert Triangles

READY IN



120 min.

SERVINGS



16

CALORIES



327 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter
- 1 eggs
- 6 oz peppermint candies white
- 8 oz cream cheese softened
- 0.5 cup sugar
- 2 tablespoons cornstarch
- 0.3 cup water
- 1.5 cups strawberries fresh sliced

2 cups blueberries fresh

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- microwave

## Directions

- Heat oven to 350°F. Spray bottom of 15x10x1-inch pan with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Press in bottom of pan.
- Bake 12 to 15 minutes or until light golden brown. Cool completely, about 30 minutes.
- In small microwaveable bowl, microwave baking chips uncovered on High 45 to 60 seconds or until chips are melted and can be stirred smooth. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Stir in melted chips until blended.
- Spread mixture over crust. Refrigerate while making topping.
- In 2-quart saucepan, mix sugar, cornstarch and water. Cook over medium heat, stirring constantly, until mixture boils and thickens. Cool 10 minutes.
- In medium bowl, gently stir strawberries and 1/4 cup cornstarch mixture together until well mixed. In another bowl, gently stir remaining 1/4 cup cornstarch mixture and blueberries together until well mixed. Spoon strawberry mixture lengthwise over half of cream cheese mixture and blueberries over remaining half of cream cheese mixture. Refrigerate 30 minutes.
- Cut bars in half lengthwise; cut each half into eight 3 1/2-inch triangles. Store in refrigerator.

## Nutrition Facts



PROTEIN **3.77%**  FAT **44.06%**  CARBS **52.17%**

## Properties

Glycemic Index:11.07, Glycemic Load:5.78, Inflammation Score:-4, Nutrition Score:3.0004348029261%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 326.84kcal (16.34%), Fat: 16.32g (25.11%), Saturated Fat: 7.29g (45.57%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 42.76g (15.55%), Sugar: 29.71g (33.01%), Cholesterol: 24.55mg (8.18%), Sodium: 211.21mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin C: 9.75mg (11.81%), Vitamin A: 470.57IU (9.41%), Manganese: 0.12mg (5.87%), Vitamin B2: 0.07mg (4.12%), Vitamin K: 4.17µg (3.97%), Calcium: 36.86mg (3.69%), Vitamin E: 0.52mg (3.44%), Selenium: 2.2µg (3.14%), Folate: 11.95µg (2.99%), Fiber: 0.72g (2.89%), Phosphorus: 27.83mg (2.78%), Vitamin B1: 0.03mg (2.25%), Potassium: 60.54mg (1.73%), Vitamin B5: 0.17mg (1.69%), Iron: 0.29mg (1.61%), Vitamin B6: 0.03mg (1.46%), Vitamin B3: 0.27mg (1.35%), Magnesium: 4.76mg (1.19%), Copper: 0.02mg (1.16%), Vitamin B12: 0.06µg (1.05%), Zinc: 0.16mg (1.04%)